



## Updates From Our Members

Here is a selection of the latest Parents Club updates we have received.

Please remember ... more gifts are still available for interested clubs. All you have to do is send us a brief update about your club, and you can receive books, games, mugs, t-shirts ... many prizes for your parents. Please contact us soon!

Dear Parents Club

At the Cedar Road Aboriginal Head Start Program, children completing the program receive a special gift. This is a ten year tradition that the parents raise funds for every year. Each child is presented with a hand-made drum. Throughout the year the children learn traditional dances using the drums. An Elder comes in twice weekly both in the a.m. and p.m. classes to teach the children two days of drumming/dancing and the next two of Sm'algyax and singing. My daughter will receive a drum this June just like her brother did in 2003. To this day he fondly remembers the program every time he pulls out the drum to play. Tradition is something we don't want to lose and this is one school that is keeping tradition alive. Thank you.

Christine Anderson,  
Club Coordinator  
Cedar Road Aboriginal Head Start  
Program, Prince Rupert BC

Dear Parents Club

Our Parents Club has been going fantastic. We held 6 meetings so far and the turn-out has been spectacular. There are an average of 25-30 parents/community members in attendance. We have been offering child minding and hope to continue with this service.

The first meeting we discussed what the parents would like to see/do in our Parent Club meetings. They had some really good suggestions/ideas/input. Some of the items put forth were: create Elder rooms within the school, offer workshops on FAS/ADHD/parenting teens, nutrition and so on, have resources available, develop a lending library with educational toys/books/materials, review programs, services and contacts of schools our children are attending, fundraisers, and things that work/ don't work in the area of helping our students succeed. The parents are eager to learn about how they can be a part of their child's educational experience and make it a positive one.

At one of our meetings we had a workshop about "bullying." The

participants found the presentation and materials to be helpful and informative. Our parents club consists mainly of women, but we are strategizing on how to get the males/fathers involved also. We did have a couple of fathers attend one meeting. All in all, we are very pleased with how our parents club is progressing. We have heard positive comments from the school staff, community members, and parents club members.

Not only does it give parents the chance to share stories, ideas and suggestions about their children and school. It also gives the parents the opportunity to get together and relax, vent out, and gain new skills and knowledge. There are so many young parents in our community, so we do our best to make the parents club appealing and fun. We feel that it is important to create a safe and nurturing environment for our children in our community. The parents club is a great way to make this happen.

Thank you for all your support and feedback.

Tl'azten Nation Parents Club

# FIRST NATIONS PARENTS CLUB



# BULLETIN

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## Contact Us!

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## Hello Again Parents Club Members

It is hard to believe that another school year is coming to a close, but it's true – summer is just around the corner and your kids will soon be on break enjoying their free time in the fresh air and sunshine. But before that happens, there are a few exciting things coming up that you and your family can celebrate in June.

Of course, since 1996 every June 21<sup>st</sup> has been designated as National Aboriginal Day – a day that encourages Canadians to recognize the diverse cultures of First Nations, Inuit and Métis people. National Aboriginal Day is a wonderful opportunity to talk to your children about the value of their heritage, and to help them be proud of their rich First Nations culture and traditions.

This June, your family can also take some time to think about the environment and ways to help protect the earth for future generations. That is because June 4 – 10 is Canadian Environment Week, which is held every year to coincide with World Environment Day on June 5. Canadian Environment Week is intended to raise public awareness about environmental issues, so maybe your Parents Club can think of a way to contribute to this important national event.

Also, all across the province First Nations communities will be organizing graduation ceremonies this month, celebrating all of the hard working children who have successfully completed high school. Graduation

ceremonies are a wonderful opportunity to recognize all of the students who have completed their secondary studies, as well as the families who helped those young people stay in school and achieve success. The end of another school year is also a great time for all parents to think about life beyond high school, and this newsletter therefore focuses on some ideas related to career and education planning. We hope the information helps all Parents Club families get better prepared for life beyond grade 12.

This is the last edition of the Parents Club newsletter for this school year, but we will be back again in the fall. Until then ... have a wonderful, fun, and educational summer with your families.



## Quick Tip

Thanks to many studies, we know that the more TV kids watch...

- the less they read
- the more they argue
- the more agitated they are
- the more disturbed their sleep will be
- the less they will move

All very good reasons to turn the TV off!

## Need more information?

Is this the first time you've heard about the First Nations Parents Club? If you would like more information about the initiative, please contact our office at (604) 925-6087. The First Nations Parents Club is sponsored by the First Nations Schools Association to recognize the tremendous dedication of parents who support their children's learning. All Club materials and activities are available for free. To start a Club in your community, just contact us and request a Parents Club start-up package. We'd love to hear from you!



## A Post-Secondary Education Checklist

In order to keep their options open, students should start preparing for life after high school long before grade 12. Here is a quick checklist with some ways to help children of all ages.

### Before Secondary School

- ❑ Help your children develop strong study skills by encouraging them to do their homework regularly. Help them practice studying at a consistent time and in a quiet place that is free from distractions. If you have any questions, talk to their teacher about appropriate homework practices for each age group.
- ❑ Start thinking about which high school classes will best prepare your children for their post-secondary goals. Talk to your kids about the importance of planning and taking a range of courses so that they have plenty of choices later.
- ❑ Start thinking about how your children will pay for post-secondary. Will your kids be able to access all of the funding they need through your Band, or will you need to think about ways to supplement those funds with other sources?

### High School, 9th Grade

Keep doing the above, plus ...

- ❑ Encourage your children to take challenging classes in English, mathematics, sciences, and social studies. These courses are crucial for acceptance into most post-secondary programs – including trades, college and university programs. Careful planning and course selection in high school will prepare your children to enter

directly into post-secondary opportunities, eliminating the need for an “upgrading year.” Even if your children aren’t sure they are interested in post-secondary, it is important for them to keep their options open so they will have choices in later years.

- ❑ Encourage your children to talk to adults in a variety of professions to determine what they like and dislike about their jobs and what kind of training and/or education is needed for a variety of careers. This information is critical for your children’s decision-making.

### High School, 10th Grade

Keep doing the above, plus ...

- ❑ Help your kids to become involved in school- or community-based extracurricular or volunteer activities that will help them to explore their career interests.
- ❑ Encourage your children to meet with a career counsellor to discuss apprenticeship programs, colleges, and universities and their entrance requirements.
- ❑ Take advantage of any opportunities to visit post-secondary institutes. Contact the First Nations Coordinator at any institution to arrange a tour or find information about ‘Student for a Day’ programs.
- ❑ Encourage your children to talk to current or recent college or university graduates about their experiences.

- ❑ Continue talking about how your children will pay for post-secondary.

### High School, 11th Grade

Keep doing the above, plus ...

- ❑ Keep emphasizing the need to take challenging classes in English, mathematics, sciences, and social studies.
- ❑ Review the prerequisites for the programs and institutions your children are interested in attending. Now is the time to make sure your children plan to take all required courses needed to meet entrance requirements. Remember - if your children do not pass a course, or do not get the required mark, this is the time to plan to retake the course.
- ❑ Have your children continue their involvement in extracurricular activities to help them make choices and build a strong resume and application.
- ❑ Talk to your children about the importance of deciding which schools most interest them. Then have them write to the schools to request information.
- ❑ Encourage your children to investigate scholarships and bursaries; remember – some scholarships and bursaries are awarded for volunteer experience and many are not used to their fullest potential because not enough students apply for them!

### High School, 12th Grade

- ❑ Make sure your kids meet with their career counsellor early in the year to discuss their plans.
- ❑ Help your children to complete all necessary funding forms, including Band funding, scholarship, and/or financial aid application forms. Do this **early** in the school year and check all deadlines carefully! Don’t let your kids wait until it is too late.
- ❑ Early in the school year, help your children decide which schools most interest them, and have them write the schools to request information and an application for admission. Visit those schools if possible.
- ❑ Check to see that your children have prepared their application carefully. Follow the instructions, and **pay close attention to deadlines!** Make sure all necessary documents are submitted, such as transcripts, letters of recommendation, etc.
- ❑ Check and re-check all forms so a minor error doesn’t keep your kids out of the school they want to attend.

Good luck helping your children with this very important step in their lives.



## Post-Secondary Considerations for Parents and Children of All Ages

The end of the school year is a time of change for all families, and it is an especially exciting time for families with children who will be graduating from high school. But remember ... children should actually start exploring their goals well before they are in grade 12, and parents can help by encouraging their kids to think about their interests, their skills, and their hopes for the future while they are still young.

Here are a few ideas to help your kids start thinking about their future.

- Children can start gaining important life experiences by volunteering. All kids will benefit from trying out a variety of careers to find out what interests them. If your kids choose to work right after high school, volunteer work will be a great addition to their resume. Many post-secondary institutes also consider volunteer work when reviewing applications,

so this experience may boost your children’s chances of being accepted into college or university.

- A variety of tools are available to help young people think about what they might like to do in the future. Talk to your children to find out whether they have taken any personal-interest surveys at school. Your Post-Secondary Coordinator might also have some relevant information to share, and the Internet is crammed with ideas to help.
- If your children have the option of taking a cooperative education program at school, encourage them to take part. Cooperative education programs allow students to explore many different careers, try a variety of jobs, and learn more about how to prepare for life after high school. Cooperative education experiences can be especially valuable when kids are looking for their first job.

### Chocolate Zucchini Loaf

This summer, when zucchinis are plentiful and you are looking for ways to increase your children’s vegetable eating, try cooking up a delicious chocolate zucchini loaf.

3/4 cup butter	2 1/2 tsp baking powder
1 1/2 cups sugar	1 1/2 tsp baking soda
3 eggs	2 cups grated zucchini
2 1/2 cups flour	1/2 cup milk
1/2 cup cocoa	2 tsp vanilla
1 tsp salt	1 cup chopped nuts

Cream together the butter, sugar, and eggs. Then combine the dry ingredients including zucchini and add to the creamed mixture. Add the milk and nuts and pour the batter into 2 buttered loaf pans.

Bake for 1 hour at 350 degrees F.